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A GUIDE TO THIS FALL'S PRINTS, SHAPES AND TRENDS STYLE

{page 14}



MOVES LIKE MJ

JAY-Z THINKS BEYONCÉ'S THE 'SECOND COMING'

{page 13}



WINNIPEG

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Thursday, August 18, 2011
www.metronews.ca



News worth sharing.

In. Flames



► Charlene Dale surveys the damage after her Dominion Street garage and adjacent shed were set alight early yesterday. While no one was injured, the devastation from the blaze has set her family back. See story, page 3.

JAMES TURNER/METRO

Scouts Canada volunteer facing sex charges

► Emergency information meeting of Scouts group held last night
► Distress counselling being offered to affected youth ► Police commend teen victim for coming forward



JAMES TURNER
@METRONEWS.CA

A longtime friend of a Winnipeg-based Scouts Canada volunteer charged with the sexual exploitation of a teen boy says he's shocked and saddened by the allegations.

"It's right out of the blue. I wasn't expecting this," the friend said yesterday. He spoke with Metro Winnipeg on the condition he not be identified.

The accused man, a 39-year-old volunteer, was devoted to the Scouts and extremely popular with the boys and girls he dealt with as an adviser for the past 14 years, the friend said.

"He was the guy at camp that kids followed around — he knew his stuff," he said. "My child goes to his group. I have no problem with (my child) going to his group."

"This will destroy him. True or not, it will destroy him," he added.

Stuart Garrett Young was immediately suspended from the organization after a police investigation, Scouts Canada spokesman John Petitti said yesterday.

Petitti said Young was involved in an outdoor program for youth between 14 and 17 years old.

Scouts Canada said Young, like all volunteers, underwent security checks every three years, most recently in 2009.

Police say the alleged sexual exploitation and sexual assault of

the victim took place between May 2009 and May of this year.

Police searched an apartment in the first 100 block of Niakwa Road a week ago, but they wouldn't specify what investigators found. Documents relating to the search have been sealed by court order.

"We have seized a number of things," Const. Natalie Aitken said.

Young was released on a promise to appear in court Oct. 12 and is forbidden to be alone with youth under 18 or to attend any Scouts-related events.

He was also ordered to stay away from the alleged victim and three other people, court documents show.

WITH FILES FROM THE CANADIAN PRESS

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Sandwiched between two giants, Argentina and Brazil, diminutive Uruguay is a vibrant place to explore. The people are friendly and passionate, mainly of Spanish and Italian origin, making conversations and traditions lively and fun.

Although it receives scant attention from the rest of the world, Uruguay has a wine region to be proud of. In the southern part of the country, near the capital of Montevideo and bordering the estuary of the Rio de la Plata, the climate is moderate and maritime, similar to France's Bordeaux. Similar, too, are the grapes grown.

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Fire leaves family fuming

▶ Another suspicious fire guts couple's garage, devastates home-based lawn-care business



JAMES TURNER
@METRONEWS.CA

A suspicious fire at a West End home destroyed a family's garage and endangered the life of one of their young kids early yesterday.

Two vehicles, a shed and everything else in Chris and Charlene Dale's Dominion Street garage were totally destroyed in the blaze that broke out around 12:30 a.m.

"You don't expect it to happen to you — all of a sudden, it happened to us," said Charlene, referring to a wave of suspicious fires in the city over the last few months.

The couple is self-employed, and the fire wrecked virtually all of Chris's equipment for his lawn-care business.

"We're going to take a huge hit," Charlene said. Especially, she added, when it comes to the replacement value they'll get for their vehicles. Luckily, they have insurance, she said.



▶ Chris Dale lost all the tools for his lawn-care business after an arsonist torched his family's garage.

The heat from the fire singed and melted the siding on the rear of one side of their home — ominously close to where their young son was sleeping.

There were no injuries. It was a neighbour who noticed the fire and called

911.

Six fire trucks, along with police and fire commissioner's office investigators, were ultimately called to the scene. There have been no arrests, and a cause has not been officially determined. At one house

down the lane, a discarded couch was also torched.

The fire was one of a number that happened overnight now being probed by the Arson Strike Force.

Charlene said she hopes police are able to catch

whoever's responsible: "I just hope it's not some mentally ill person."

"Maybe the West End will be the new hotspot," said Chris.

"They say when school starts, that's when it's going to stop."

Hydro boss to retire

Manitoba Hydro CEO Bob Brennan has decided to retire with more than 20 years under his belt running the province's biggest crown corporation.

"Bob Brennan has dedicated his professional life to Manitoba Hydro and this province," said Manitoba Hydro board chair-

man Vic Schroeder in a statement released on yesterday.

A replacement for Brennan will likely be announced early next year.

Brennan has been CEO of Manitoba Hydro since 1990. He has worked for Hydro for more than 46 years. **ELISHA DACEY**



▶ Bob Brennan



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How much video-blog-worthy material can one gather at the Vancouver airport? A contest winner is banking on 80 days' worth. Video at metronews.ca.

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No jail for drunk mom who left child in car

A Winnipeg mother who abandoned her young daughter in a vehicle after a drunken mid-morning crash — only to be found by police passed out in her nearby home minutes later — won't see jail time.

The 33-year-old woman was handed a \$2,500 fine, a driving ban and two years of supervised probation after pleading guilty yesterday to child aban-

donment and impaired driving in connection to the March 2010 incident.

The woman sideswiped a vehicle at Ellice Avenue and Banning Street and bashed into a fence. Judge Ray Wyant was told the woman grabbed her two-year-old son from the vehicle and fled into her nearby home, leaving her other child, 5, in the care of stunned witnesses.

"I can't believe what I did. I wish I could take it all back." SOBBING MOM TO JUDGE

"This was, without question, reprehensible conduct," Wyant told her.

Two hours after her arrest, the woman's blood-alcohol level was more than twice the legal limit, ac-

cording to the Crown, who asked Wyant to consider jailing the woman.

However, the mother of nine has made great strides towards bettering herself in the months since her arrest and it wouldn't be in society's interests to lock her up, Wyant ruled. ● JAMES TURNER

All the action is going down in the Drop Zone

► Participants harness their inner daredevils in support of Easter Seals



ELISHA DACEY
@METRONEWS.CA

At least 88 people will be doing their best Spider-Man impressions today as the Drop Zone drops into downtown Winnipeg.

Drop Zone, a yearly initiative of SMD Foundation/Easter Seals Manitoba, features dozens of local 'Peggys' suiting up to rappel down the RBC Building on Portage Avenue.

People can watch all the action from across the street, said spokesperson Armando Versace.

"We'll have a tent set up, there'll be a DJ blasting some tunes," said Versace. "It gets busiest at lunch when people come out on their lunch break to watch."

Versace said everyone who has done the chal-

lenge has raised \$1,500 or more in support of the foundation, which supports Manitobans with disabilities.

"People, when they get up there, say things like 'I'm scared, but I'm going to do this. I've come too far and fundraised too hard to get here.'"

Participants start on the 17th floor and rappel down to the third floor.

Once they reach the bottom, they hold up a sign that says "I did it!" and pose for a photo.

"The reaction is mixed: There's laughter and whoop-whoops and cheers. Sometimes there's tears," said Versace.

\$140K
Last year's event
raised more than
\$140,000.



► A participant holds up his "I did it!" sign after rappelling down the RBC Building in 2010.

Teen who torched cell gets maximum time

A troubled teen who set his jail cell on fire while being held for armed robbery has been handed the maximum-allowable youth sentence.

The now-18-year-old will spend the next 16 months behind bars and eight more under community supervision after pleading guilty to robbery and arson endangering life. He was

given credit for one year of time already served.

The teen took a dose of an unknown prescription drug, barricaded himself in his Manitoba Youth Centre cell with another boy and proceeded to light things on fire.

The November 2009 blaze triggered a major response from the fire department — to the extent

Expensive fire

- \$5,000 damage to the jail
- \$7,000 overtime expenses
- \$6,160 fire dept. costs

that the rest of the city was in danger if a fire had broken out somewhere else, said Crown attorney Susan Baragar.

Firefighters were forced

to smash the window to the cell and flood it with water to put it out, Judge Patti Umpherville heard.

The teen will most likely spend his jail time in an adult facility.

Court heard he comes from a background of neglect and took up gang life at age 13 for "support and protection."

● JAMES TURNER



► Comic Louie Anderson will bring his oversized comedy to Rumor's Comedy Club tonight through Saturday.

Louie alive at Rumor's

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

Contrary to Internet rumours, comedian Louie Anderson is not dead.

And of all the places to be found alive, Anderson is spending part of his Las Vegas afterlife preparing for a comedy special at Rumor's Restaurant and Comedy Club.

"When you're working on new material you want a place that you can really work out and do the stuff that makes comedy so great."

Over the years Anderson extended his comedy to best-selling books, a stint hosting Family Feud and even a Saturday morning cartoon. In a phone interview, Anderson is pleased to mimic his whining Life with Louie characters. His new routine will still have family anecdotes, mixed in with slippery condi-

"You need that intimacy in a club setting, but also great audiences. There are great audiences in Winnipeg."

LOUIE ANDERSON

ments.

"It's about being over 50, families and butter. On the great prairies where we're all from, you gotta have butter. Butter gets you through life. Literally, it might even help you fit through doorways at some point."

The comedian's show runs Aug. 18-20, and Anderson assures Winnipeg he's far from dead.

"I'm in the (process) of putting this great new special together and I feel like a young comic again. I feel like inventing and creating like I did when I was starting out."

Determined Filipino family ignores skeptics to succeed in Canada

When Erick Alfonso meets immigrants who feel overwhelmed, he gives them hope by telling his own family's story. In fact, the Manila native and his wife achieved personal success in a remarkably short time, by ignoring skeptics who scoffed at their Canadian dreams.

Now working as a Manager of Customer Service at Scotiabank in Calgary, Alberta, Erick remembers how friends discouraged them from immigrating to Canada with their five young children.

"They told us that you need Canadian experience to find a job," recalls the former IT project manager at a Philippine bank. "But we decided to try because we knew it was a good country to raise our kids."

Upon arrival in Canada in 2006, the Alfonsos discovered that many Filipino compatriots were juggling low paying jobs to survive. While Erick also took a temporary factory job to pay the bills, he refused to give up hope.

"A friend told me to open my first bank account at Scotiabank, and the teller was so helpful that I decided to submit my resumé," recounts Erick. To his amazement, the branch manager hired him within a month as a casual teller, and two months later, gave him a full-time customer support role.

"I was lucky that Scotiabank gave me the chance to prove myself," notes Erick, who has risen through the ranks and now serves many Asian customers at Calgary's Castleridge Centre Branch. "I can relate to them because I remember arriving with no bank account and no permanent address. The Scotiabanker explained everything to me, and I try to do the same for others today."

For example, Erick recommends the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA® card options³ and a number of other customized services and benefits. He also provides plenty of first-hand financial advice.

"Since many newcomers arrive with personal savings, I help them invest their savings wisely, including short-term investments such as a Tax-Free Savings Account (TFSA), which lets them earn tax-free income that they can access later for other needs," says Erick.

He also explains the importance of building a Canadian credit history. "Some newcomers are afraid to use a credit card, but I tell them how it can help them achieve other goals if they use it responsibly."

Erick also gives pep talks on job searches, based on his experience and that of his wife, Maria Rosario, who within a year moved from a temporary accounting job to accounting manager with a local firm.

"We didn't do anything special, but we were determined. By believing in ourselves and supporting each other, we got through each difficulty," says Erick. "It is possible – If you show what you can do, you can build the right connections and open the door to a new life in Canada."

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Click! You just voted

► Elections chief wants online ballots ► Present system inefficient and expensive, he says ► May 2 federal election cost \$291 million

The next time Canadians go to the polls in a federal byelection, it could just mean booting up their computers.

Canada's chief electoral officer says he's committed to seeking approval for a test of Internet voting in a byelection held after 2013.

Marc Mayrand also says Elections Canada wants to expand other services offered online.

In his official report on the May 2 federal election, Mayrand says it's clear Canadians are demanding more ease and flexibility in voting.

"The rigidity of the voting process is not only an inconvenience for electors, but is also expensive and, in some cases, inefficient,"

An archaic ban?

- Mayrand doubts there was widespread flouting of a rule that prohibits publishing election results in areas where the polls are still open.
- A social media campaign had encouraged people to break the rule, arguing that the Internet age makes such a ban archaic. Mayrand agrees.

Mayrand says in a report released yesterday.

"As Elections Canada looks to improving the range and quality of services to electors, it also needs to explore more efficient processes."

THE CANADIAN PRESS

Stranded. Just like Tom Hanks



► Jaeger Mah greets the media after stepping off a Learjet yesterday at Vancouver's airport. It will be his home for the next 80 days while he tells the airport story. "There's a thousand cultures walking through here every day," he says.

PHYLICIA TORREVILLAS/METRO

He looks like a tourist, but he's going nowhere

Jaeger Mah watched the Tom Hanks movie *The Terminal* the night before he turned up at Vancouver's airport yesterday. The film, about a man trapped at New York's JFK, is decidedly apt — Mah will be stranded for 80 days at YVR. The Hanks movie gave him "some inspiration," said Mah, 29, who won a contest that allows him to live at the airport for 80 days and tell his story online. Mah says he'll be "meeting people who work here, who work on the tarmac, who work in traffic control." Follow him at liveatYVR.ca.

Chief won't rush Stanley Cup riot probes

MATT KIELTYKA
IN VANCOUVER

The surge of public impatience over the lack of charges stemming from Vancouver's Stanley Cup riot two months ago came to a head yesterday.

Under-siege Vancouver police Chief Jim Chu,

whose department has not had any riot-related charges approved, addressed media and stressed that "hundreds" of charges will be laid — but only after thorough investigations.

"If you are in favour of speed, you are in favour of

more acquittals and lighter sentences," Chu shot back amid intense scrutiny from media, the public and commentators.

"If we rush cases to court, we risk losing them by being ineffective and inefficient."

Comparisons are being

made with the riots in England, where police have laid more than 1,000 charges.

But Chu said that given the nature of the violence, demographics and the policing and legal framework, the two situations are "incomparable." "The

short answer is that Canada is not Britain," he said.

Meanwhile, former Vancouver Olympic Organizing Committee head John Furlong and former Nova Scotia deputy minister Doug Keefe are expected to wrap up their review of the riot by Aug. 31.

A night in June

- Police have identified and are investigating 259 separate criminal events on the June 15 night of rioting.
- More than 1,600 hours of riot footage will be sent to a U.S. processing lab.

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► John Gilhen, curator emeritus at the Museum of Natural History in Halifax, points out the teeth on a great white shark yesterday.

Halifax museum displays shark head

Rows of serrated teeth on a fierce-looking jaw surfaced from the murky water yesterday. But this shark is no longer a fierce predator: It's the head of a great white being kept in a bucket housed at the Natural History Museum in Halifax.

The shark was caught in a fishing weir in the Bay of Fundy near the

community of Economy, N.S., overnight on Aug. 6. Its head was recently taken to the museum for study and eventual display.

It's the only head of a great white at the museum. Atlantic Canada is the northern limit of the great white's territory as they hunt seals and porpoises.

● JENNIFER TAPLIN IN HALIFAX

Father longs to see son

- Sailor has received more than 250 photos of his new baby via email
- Charlottetown will be handing off command to HMCS Vancouver today



JENNIFER TAPLIN
@METRONEWS.CA
METRO CANADA IN HALIFAX

The closest Lt.-Cmdr. Matthew Coates has come to holding his son is putting up photos in his bunk in HMCS Charlottetown.

He'll see his baby Nathaniel for the first time when the ship pulls into Halifax likely on Sept. 2. The Charlottetown left Halifax in March as part of Operation Mobile in Libya.

Because of the timing of the birth, Coates wasn't able to take leave to fly home to be with his wife during delivery.

"It's challenging, and the clock isn't moving as fast as I would like," he said



► Lt.-Cmdr. Matthew Coates

RYAN TAPLIN/METRO; INSET: CONTRIBUTED



► Meghan Coates snuggles her one-month-old son, Nathaniel, in their Bedford, N.S., home yesterday.

in a phone interview from the ship yesterday.

"It weighs heavily on your mind, but I also think, to some extent, it's not a lot different than everyone

else on board who has young children."

Nathaniel was born on July 18, and Matthew won the betting pool on board the ship when the baby

would arrive.

"It seems somewhat fixed, but it wasn't fixed at all. I was within six ounces of the weight, three minutes of the time but I got the sex wrong," he said.

His wife, Meghan, who also works for the navy, said she thinks the past month has been harder on Matthew.

"Just because if anything were to happen he was just so far away. I think he felt a little helpless," she said.

Nathaniel, a healthy and happy baby, seemed blissfully unaware of the upcoming homecoming, and content to receive kisses from his mom yesterday.

"Mommy loves you," Meghan crooned. "And daddy loves you too."

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U.S. wholesale prices climb

American companies paid higher prices for tobacco, pickup trucks and pharmaceuticals in July, driving underlying wholesale inflation up by the most in six months.

This measure of inflation, which excludes volatile food and energy prices, is known as the core Producer Price Index.

It rose 0.4 per cent in July, the biggest increase since January.

The overall PPI, which measures price changes in goods before they reach the consumer, rose 0.2 per cent last month, the Labour Department said yesterday. That follows a 0.4 per cent drop in June, the first decline in 17 months.

Gas prices fell for the second straight month. Food costs rose 0.6 per cent, the biggest rise since February.

The jump in the core index is unlikely to continue,



► Prescription drugs at Medco Health Solutions.

economists said. One reason is that raw material prices are increasing at a slower pace than the finished goods tracked by the PPI.

Higher wholesale prices raise pressure on retailers, grocery stores and restaurants to pass along the costs to consumers. But that will be difficult, because high unemployment and stagnant wages are causing consumers to hold back on spending.

THE ASSOCIATED PRESS

Statoil to plead guilty

► Sentencing set for Nov. 21 over environmental infractions in Alberta

An Edmonton court has been told that Norwegian energy giant Statoil will admit to at least some environmental infractions in relation to its oilsands operations in northern Alberta.

"There will be a guilty plea," Crown prosecutor Susan McRory told a judge yesterday.

"We're looking at creative sentencing options," she said. "That's a labour-intensive process."

The company was charged in February under provincial laws with 16 counts of improperly diverting water for use at its in-situ site near Conklin.

The company also faces three counts of providing false or misleading statements about the alleged activity in 2008 and 2009.

Defence lawyers did not

address the court. But company spokesman Peter Symons said from Calgary that Statoil expects some of the charges to be dropped.

"We expect there will be a substantial reduction in the number of charges faced by Statoil," he said.

"We're working on a resolution to the case that will benefit Albertans.

"It's still up in the air as to what the final outcome will be."

Alberta has legislation that allows for the government to work out a sentence other than the fines called for by law.

For example, when Syncrude was sentenced last fall in the death of 1,600 migrating ducks on its tailings ponds, it was ordered to fund habitat restoration, studies on bird deterrence



► The CEO of state-controlled Statoil, Helge Lund, speaks at a news conference in Oslo in 2009.

and an environmental studies program. The total cost of the penalty was \$3 million.

McRory said the sentence will be accompanied

by an agreed statement of facts.

The maximum fine faced by Statoil is \$500,000 for each charge.

THE CANADIAN PRESS

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Big Tobacco strikes back against big government

► U.S. lawsuit against the FDA calls for ban of 'emotional,' 'manipulated' cigarette-pack warnings ► Government-mandated labels must constitute 20 per cent of packaging, which companies say obscures their logos

Five of the largest tobacco companies in the United States want a judge to put a stop to graphic cigarette labels that feature images of a sewn-up corpse and diseased lungs, saying they unfairly urge adults to shun their legal products and will cost millions to produce.

The companies sued the federal government yesterday, arguing that the warnings violate their free-speech rights.

The companies say the warnings no longer simply convey facts to allow people to make a decision on whether to smoke. They instead force them to put anti-smoking advocacy more prominently on their packs than their own brands.

The U.S. Food and Drug Administration refused to comment yesterday, saying the agency does not discuss pending litigation. But when the labels were announced in June, the FDA called them frank and honest warnings about the dangers of smoking.

THE ASSOCIATED PRESS



► The tobacco companies' lawsuit says the new warning labels were manipulated to be especially emotional. They say the corpse photo is really an actor with a fake scar, while the healthy lungs were sanitized to make the diseased organ look worse.

5

The five companies behind the lawsuit are R.J. Reynolds Tobacco Co., Lorillard Tobacco Co., Commonwealth Brands Inc., Liggett Group LLC and Santa Fe Natural Tobacco Company Inc.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contract
				
+ 48.9 (12,579.61)	+ 0.25¢ (102.07¢ US)	+ 93¢ (\$87.58 US)	\$3.933 US (+ 1.0¢)	\$1,793.80 US (+ \$8.80)

New stamp honours the Berry best

Research In Motion Ltd. and the BlackBerry are putting their mark on snail mail.

Canada Post is releasing a new commemorative stamp honouring the Canadian-invented smartphone, saying the device "freed information workers from their desks and changed

the way the world communicates."

The stamp is one of four that pay tribute to Canadian inventions. The three others recognize the electric oven, the electric wheelchair and the cardiac pacemaker.

THE CANADIAN PRESS



► Liberation from our desks, or just toting the desk with us? Canada Post says the former.

'BUS-TED!'

Quebec firm behind Obama bus

The Quebec company that built the luxury bus being used this week by U.S. President Barack Obama is keeping mum about the stir the bus has caused south of the border.

The New York Post tabloid chastised Obama for using Canadian-made transportation during his economic recovery tour through Iowa, Min-

nesota and Illinois. The headline read: "Canuck-lehead Obama bus-ted!"

Steve Ziegler, director of business development at Prevost, in Ste-Claire, Que., says the company designed only the outer shell of the \$1.1 million VIP H3-45 bus.

The interior was done mainly by a Tennessee company, and the U.S. Secret Service — which ordered the bus — put in a few finishing touches.

Whether that includes the codes to the U.S. nuclear arsenal, as some reports suggest, Ziegler wouldn't comment.

"We're not really at liberty to talk about them, because it's Secret Service," he said.

THE CANADIAN PRESS

Facebook faceoff starts today

Facebook attorneys appear poised to ask a judge to throw out a lawsuit by a man claiming ownership of the social network after finding what they say is proof the case is baseless.

Lawyers for Facebook and its founder, Mark Zuckerberg, are due in fed-

eral court in Buffalo, N.Y., today opposite attorneys for Paul Ceglia, who says he has a 2003 contract making him half-owner of Facebook.

Facebook says the contract is a doctored version of a document their experts found on Ceglia's computer from when the two men worked together on an unrelated project.

Facebook's filings say that if the case is allowed to continue after what the experts found, lawyers will move to dismiss.

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HOW TO PUT A LITTLE SPRING IN YOUR STAGGER

HE SAYS ...

JOHN MAZEROLLE
METRO



I have a no-nonsense, well organized office in my apartment that looks like a place where work gets done. It looks that way because nobody uses it. I think about it while I drink beer in my neighbourhood bar.

I am a barfly. Wherever I've lived, a bar has been my second home. The current pub is where I go when it's too cold, where I hide when there's lightning, and it's where I fled after separating from my then-wife.

You see how the place gives off good vibrations. Why this bar in particular? It fits my demanding criteria of being very, very close to my apartment. I enjoy its five-star adjacency ranking and its world-class proximity. If I'm ever writing Zagat reviews, my top rating will be NEARBY!

Truth is, if there were a laundromat closer with some detergent fumes and a vending machine, I'd hang there.

"It fits my demanding criteria of being very, very close to my apartment. I enjoy its five-star adjacency ranking and its world-class proximity. If I'm ever writing Zagat reviews, my top rating will be NEARBY!"

Not that the bar is devoid of charm. It's one of those proudly middle-of-the-road places that describes everything on the menu as "our very own," as if they have a cow out back they're getting their burgers from.

Countless hours in this place have made me well-versed in barflyedness and, in the spirit of pubs everywhere, I offer the following unsolicited advice about the ins and outs. Because you remind me of me at that age.

Talk the talk: Remember that everybody at the bar

worked harder than you did that day, and are so friggin' tired and, oh, man, you don't even understand. But it's all cool, no biggie, they do it all the time.

When you join this conversation, because you worked harder than everyone else too, make sure to roll one of your shoulders and wince as you talk.

Tip well: Even if the service is terrible, if you're a regular you have to tip 15 per cent. Because if you got bad service by accident, you don't want to see the bad service you'll get when they do it on purpose.

Spread your empties: Be sure to scatter your empty beer bottles around your table so anybody looking has the impression there's a multi-person party going on, and if they look back later they'll see the many GQ-quality men and buxom redheads who have only temporarily stepped away from the table. If anyone is around long enough to know it's just you and Alexander Keith, well, how long have THEY been there?

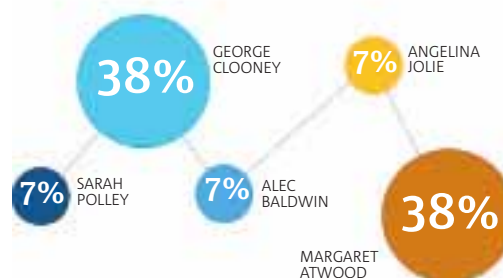
Follow these tips and you'll be the top tippler you can be. Remember: If you're going to be mediocre, you should be the best at it. Cheers!

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

Which celebrity would you most like to see run for office?



Local tweets



- @4letterword:** Addictive as crack: Pitas and hummus from Baraka on main #Winnipeg
- @thrubeniuk:** I never knew people in toronto referred to winnipeg as "the flat city" #thingsyoulearnontheroad
- @chrisreid1983:** That's every day, everywhere...especially in #Winnipeg! RT @RikkiNibs: Pretty sure today is drive like an idiot day
- @xo_amanda_xo:** Dear ppl of the 16 bus: do
- NONE of you know what deodorant is?! #winnipeg
- @lindseywiebe:** @EricaGlasier for a minute I thought they might be skywriters. Why doesn't Winnipeg ever have any skywriting?
- @incognico:** @lindseywiebe Everyone is tweeting the appearance of two Snowbirds! #winnipeg #slowday #getbacktowork
- @chansler:** Just booked my flights to Calgary & Winnipeg next week. Stoked to hit two Canadian cities these peepers have never seen before.

Letters

DAIRY. Canada's Food Guide needs to remove dairy.

There is little, if any, evidence that eating dairy prevents osteoporosis or fractures, and there is considerable evidence that high dairy-product consumption is associated with increased risk of fatal prostate and ovarian cancers (Harvard School of Public Health). The drinking of cow milk has been linked to iron-deficiency anemia in infants and children; it has been named as the cause of cramps and diarrhea in much of the world's population, and the cause of multiple forms of allergies as well; and the possibility has been raised that it may play a central role in the origins of atherosclerosis and heart attacks.

Dr. Ellis says dairy products are "simply no good for humans.... There is overwhelming evidence that milk and milk products are harmful to many people, both adults and infants. Milk is a contributing factor in constipation, chronic fatigue, arthritis, headaches, muscle cramps, obesity, allergies and heart problems."

DEKKER FRASER
BURNABY

Cartoon by Michael de Adder



WEIRD NEWS

The bare bones of Sweden's real estate market

A Swedish real estate agent has an unusual piece of property up for sale: A five-bedroom house, complete with medieval tomb and skeleton in the cellar.

The central Visby town house on the Baltic Sea island of Gotland was built in 1750 on the foundations of a Russian church. The kitchen lies on the presbytery, and the tomb containing the skeleton — visible through a

glass panel — is in the cellar.

The real estate agency's owner Leif Bertwig says there is no reason to be afraid as the skeleton "lies in consecrated soil and rests in peace."

Bertwig said yesterday the remains likely belong to a Russian man who died some 800 years ago.

The asking price for the house is \$640,000 US.

THE ASSOCIATED PRESS

JOHN AREDAL/THE ASSOCIATED PRESS



The skeleton of a man believed to have died 800 years ago.

2
scene

Sheepdogs are on the come up

► Newly famous band coming to Winnipeg

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG



A bigger thrill than any pill. Saskatoon's The Sheepdogs appear on the Aug.

18 (today) cover of Rolling Stone magazine, the first unsigned act ever to do so. The rock 'n' roll band — comprised of vocalist Ewan Currie, guitarist Leot Hanson, bassist Ryan Gullen and drummer Sam Corbett — won Rolling Stone's recent Do You Wanna Be a Rock & Roll Star reader-voted contest.

"It feels awesome," Hanson says. "The first show we did back in Canada was just crazy. We pulled up in our van and there were people waiting with the magazine to get it signed, just super



► The Sheepdogs are set to grace the cover of Rolling Stone magazine.

pumped for us."

The story of how The Sheepdogs got their bearded faces on the cover of the iconic magazine starts with their now-manager Joel Carriere. The president and owner of Dine Alone Records brought the band's 2010 album *Learn & Burn* to the attention of Atlantic Records, co-presenters of the competition.

The American record label sent it and approximately 1,200 other selections to Rolling Stone who then whittled it down to 16 contestants. The readers did the

Details

► The Sheepdogs play the Jägermeister side stage at the Rock on the Range festival, Saturday at the MTS Centre. Tickets are \$165.50 to \$49.50 and are available at Ticketmaster. Showtime is 2 p.m.

rest, eventually cutting the choices down to two: The Sheepdogs and L.A. singer/songwriter Leila Broussard.

"We went down to New York to do a photo shoot

and as far as we knew Leila was doing it as well," Hanson says.

"We got in at 8 a.m. and went directly to the pier where they shot the cover. They started photographing us and said 'Are you guys ready for your cover shoot?' We're like 'Yeah, whatever' because we were all tired ... and they said 'No, are you ready for your actual cover shoot?' We're like 'What? We won?'"

In addition to the cover, The Sheepdogs received a recording contract with Atlantic and the chance to

perform on Late Night with Jimmy Fallon on Aug. 2.

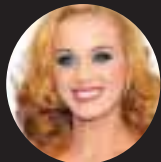
The band's new EP *Five Easy Pieces* recently hit No. 1 on iTunes and this fall, the band is scheduled to tour Canada with arena-rockers Kings of Leon.

The Sheepdogs are sure sitting pretty, but before I let the golden-fingered guitarist bask in blue-eyed groupies, I've got to know, did you buy five copies for your mother?

"I've got a couple," Hanson says.

"I'll make it to five for sure."

News in brief



Katy Perry has proven she's a multi-hit wonder, becoming the first woman to score five No. 1 songs from one album on the Billboard Hot 100 chart. Her song *Last Friday Night (T.G.I.F.)* is the latest No. 1 from her platinum album *Teenage Dream*.

THE ASSOCIATED PRESS

Yelchin gets 'freaked out' in Fright Night



NED EHRLBAR
SCENE@METRONWS.CA

MWN IN HOLLYWOOD

Anton Yelchin's boyish looks are working against him.

"I am not necessarily attracted to playing high schoolers anymore. Like, I got pretty over it," he says. "I haven't been to high school in five years. I don't really want to do a high school movie anymore, ever."

While his character in his latest film, *Fright Night*, is a high school student, he's quick to point out that's not a major plot point. In fact, once the action gets going — Yelchin's Charlie discovers his smooth-talking neighbour Jerry (Colin Farrell) is actually a vampire — it doesn't matter how old Charlie is as much as how scared he is, which was a major focus for Yelchin.



► Anton Yelchin is shown in a scene from the horror film *Fright Night*.

"It adds to Jerry's menace," Yelchin says. "The more freaked out he is, the more serene Jerry can be and the more menacing he can be. Because you are Charlie, you're the one that's getting freaked out that something's going to happen."

But the two stars didn't feel the need to stay away from each other off-camera to master that dynamic, though some actors might've gone that route. "I've never really done

that with anyone unless I needed to; unless I really felt like I couldn't do this without just staying in it," he says.

"We seemed to get along pretty well. We definitely weren't like, 'You stay in one corner and I'll stay in another one,' you know what I mean?"

Besides, there were plenty of other factors to the horror movie shoot for Yelchin to contend with.

"Some of the shooting was difficult," he admits.

"There's no, 'Oh, I have two minutes to run to the bathroom? Great.' It's like, 'I need 15 minutes to do what normally takes 30 seconds.'"

ANTON YELCHIN ON WEARING A VAMPIRE-HUNTING SUIT

"The hours, inevitably as the movie's coming to a close, get longer and longer, so you get more and more tired, but we had a great time because the people are really great."

He also got to play some dress up, as Charlie dons an impressive homemade vampire-hunting suit late in the film, something he'd be delighted to see fans wearing at next year's Comic-Con.

"They will very quickly discover how uncomfortable that outfit is," he says.

"It was so hot. It's fire-

proof. I don't even know what that material is. It might as well have been bulletproof, too. It looked cool. At the end of the day, that's all that matters."

Comfort aside, the suit offered some logistical issues: "You have to pick and choose the hours that you're going to go to the bathroom," Yelchin says.

If Yelchin is looking to keep himself from hitting up homeroom again, then his next role, *Like Crazy*, is a step in the right direction. "We're in our 20s in *Like Crazy*, so it had nothing to do with high school. It's about kids in college, young men and women after college trying to figure out — in a very serious way — what was going on with their lives," Yelchin says.

"It was a completely different universe. It was like the universe that I feel I inhabit more and more — just life after college, what do you do with yourself?"



Broadway's *The Lion King* puts on a special show for autistic kids, families. Scan code for more.

Abercrombie & Fitch unhappy with 'Sitch'

Jersey Shore star offered money to stop wearing preppy brand of clothes

Clothing company Abercrombie & Fitch is apparently so displeased with Jersey Shore star Mike "the Situation" Sorrentino wearing their wares that it's willing to pay him to stop.

"We are deeply concerned that Mr. Sorrentino's association with our brand could cause significant damage to our image," the company said in a press release, according to CNN. "We believe this association is contrary to the aspirational nature of our brand, and may be distressing to many of our fans. We have therefore offered a substantial payment to Michael 'the Situation' Sorrentino and the producers of MTV's The Jersey Shore to have the character wear an alternate brand. We have also extended this offer to other members of the cast, and are urgently waiting a response." ● METRO

"We believe this association is contrary to the aspirational nature of our brand."

ABERCROMBIE & FITCH PRESS RELEASE



► Jersey Shore's the Situation.

ALL PHOTOS GETTY IMAGES

Jay-Z compares Beyoncé to MJ



► Jay-Z

Jay-Z may be a bit biased, but he thinks wife Beyoncé is pretty great — and possibly even the second coming of Michael Jackson.

"I know that's blasphemous to compare the two be-

"I think she's like the second coming." JAY-Z

cause Mike was such an innovator, but I think she's like the second coming,"

Jay-Z tells Miami radio station 99 Jamz. "You know, the hard work and dedication that she puts into her shows. It just makes you want to work harder at your own craft. She's like a machine." ● METRO

Depardieu's keeping it classy

French star Gerard Depardieu made quite a stink on a CityJet flight bound from Paris to Dublin recently.

While the plane was delayed on the tarmac, Depardieu asked to use the restroom and, after he was

refused, reportedly relieved himself in the aisle of the plane.

"I will only confirm that he, in effect, urinated in the plane," a spokeswoman for the airline says.

After the incident, the

plane had to return to the gate and was delayed for two more hours for cleaning.

It was not clear whether any action would be taken against Depardieu.

● METRO



► Gerard Depardieu

Talking points

Pitt, Jolie pay well for their train travel

NOT CHUMP CHANGE. Brad Pitt and Angelina Jolie know how to travel.

When it was time to move their six kids, extensive entourage and the 350-person crew for Pitt's upcoming zombie movie World War Z from London to Scotland, a private train was chartered, according to People magazine. The Jolie-Pitts even got door-to-door service.

"Three cars suddenly drove onto the platform from the street, pulled up alongside the train and then they all got out," a source says. "Brad was in one car with some of the kids and Angelina was in another with the others. They were all smiling and looked really happy, but then I suppose it's not every day that a kid gets to have their own train to play with." ● METRO

Gossip Girl is Pretty Reckless

MOVING ON Former Gossip Girl problem child Taylor Momsen says she's through with acting and is instead focussing on her band, the Pretty Reckless.

"I quit Gossip Girl and now tour and am in a band," the 18-year-old tells Elle magazine.

"That's pretty much all I want to do. Hopefully, I'll be able to only do that for the rest of my life." Momsen was put on indefinite hiatus from the show last November, and in April it was announced she wouldn't be returning. ● METRO

Banks pretends to be Handler

GOOFING AROUND Actress Elizabeth Banks gets mistaken for comedian Chelsea Handler pretty often — and she sometimes doesn't correct people.

Celebrity tweets



"note to self never leave lap top with twitter page open in a room full of friends!"

@MissKellyO



@emmabunton

"yesterday my twitter was down, my internet is still not working and my boiler is broke!!! Not a great couple of days!"

@daxshepard

"Once a week I hear someone answer their phone with, 'I can't talk right now.' Do they think phone will explode if not answered?"

@AlbertBrooks



"You know you've gained a few pounds if your robe is tight."

"A guy walked up to me and said, 'I just love your books. I mean, My Horizontal Life' ... I was like, 'Oh, he thinks he's meeting Chelsea Handler.' I couldn't ruin it for him!" the actress said during a visit to Handler's talk show.

"I was like, 'It's nice to meet you.' I was just hanging out, being Chelsea, drinking my vodka and having a good time. He couldn't have been happier." ● METRO

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3
lifeA very Gaga
Christmas

Lady Gaga and her team are going to reinterpret Santa's workshop and put it on display at Barneys. She'll get an entire floor and take over the coveted windows starting in mid-November at the retailer's flagship Madison Avenue store.

THE ASSOCIATED PRESS



Anti-aging skin care tips for men and women

Worldwide trends

► There's a boatload of new shapes, prints and overall ideas to choose from for fall ► Before you hit the stores, refer to this guide for navigating through it all

KENYA HUNT
LIFE@METRONWS.CA
METRO WORLD NEWS



► Prada

SHAPES:
THE SIXTIES ARE THE
NEW SEVENTIES

It's amazing how quickly decades come and go. Sixties flavoured A-line dresses, skirts and coats ruled the runways for collections such as Prada, Burberry Prorsum and Fendi, replacing all of those floaty '70s looks you coveted last fall. Even trousers have a new feel to them in cigarette shapes with higher hemlines.



► Marc Jacobs

PRINTS:
POLKA-DOTS AND
STARS ARE THE NEW
STRIPES

Last season it was all about stripes. But this fall, polka-dots and stars take the prize for the trendiest print. Thank Marc Jacobs, Stella McCartney and Topshop Unique for all the spots you're seeing in the shops, while Dolce & Gabbana are behind all those dresses covered in Milky Way that you've been seeing on the red carpet.



► Dolce & Gabbana

IDEAS:
MAXIMAL IS
THE NEW MINIMALISM

Embellished to the hilt in crystals and glitter (Dolce & Gabbana) or patchworked to the Gods (Fendi), details and ornamentation are suddenly very important. As seen on just about every runway, more is definitely more this season. And if you're feeling really adventurous, combine them all in a single, in-your-face outfit and own it.

2

FOR LESS:
FALL
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THE HIGH
STREET

THE '60S

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AND SHIMMER

► Zara jacket, \$129, zara.com

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From catwalk to campus

► Post-secondary schools turning into posing grounds as fashion blogs keep young people aware of trends

It's not all jeans, sneakers and sweatshirts packed in those duffel bags headed to college campuses in the coming weeks. There might also be a ripped-from-the-runway look from Zara or H&M that mimics Celine or Chloe, and maybe — just maybe — a bona fide Diane von Furstenberg dress or Alexander Wang jacket.

Dr. Martens are a must-have.

It will all get worn, with the possible exception of the sweatshirt, says Amy Levin, founder of the site CollegeFashionista.com.

"College students love to change up their look. ... They can do it by translating the most up-to-date looks for their lifestyles and budgets."



ALL PHOTOS COLLEGEFASHIONISTA/THEASSOCIATEDPRESS



► Photos of two style-savvy students featured on collegefashionsita.com.

For some students, Levin says, going to class is a reason to get dressed up. CollegeFashionista has

regular contributors from more than 200 campuses chronicling clothes worn by their peers. On this day,

for example, the site features a student and her Michael Kors bag and animal-print pumps at the University of Texas, and a Boston University student in a strapless sundress.

The fact that today's students are so plugged in certainly helps in staying so stylish. They can look at photos from designer collections and red carpets around the world in real time — and change their look in the time it takes to dig through their drawers and dirty laundry piles.

A shift in style doesn't take long for this crowd to digest. They are hungry for the next big thing and usually aren't married to a particular look. "You'll see in the U.S. that campuses in major cities are usually

"There are so many different styles on campus. There's grungy and polished, more tailored, more sport or hip-hop. I think that inspires me." CAROLYN AMURAO, COLLEGEFASHIONISTA.COM

ahead of trends," observes Levin, and Londoners and students in Australia are even more fashion-forward.

(Levin says her alma matter, Indiana University, is more traditional and casual, but not by much.)

That brings us back again to the college sweatshirt students' parents still

buy when the acceptance letter first arrives. News flash, according to Levin: They are too generic. "They might put their school name on a shirt, but they've done it in some creative way themselves. Everyone wants to be individual — no one wants to dress alike," she says.

New York University film student Carolyn Amurao, a Vancouver native who just moved to hip Williamsburg in Brooklyn, says she doesn't pay much attention to celebrity fashion anymore; she'd rather be inspired by what she sees on the street.

She has borrowed a few looks from her fellow students — like wearing socks with platform heels.

THE ASSOCIATED PRESS

A shop shindig

► Fashion's Night Out initiative offers style with a little something extra ► Aims to keep fashion industry afloat

Fashion's Night Out, the shopping initiative driven by Vogue editor-in-chief Anna Wintour, returns as a bigger event next month, extending to 250 U.S. cities. But there seems to be a sharper focus on industry stars — including designers, red-carpet experts, and makeup artists — instead of the Hollywood celebri-



► Designers Mark Badgley, left, and James Mischka hold their dogs during a doggie fashion show at Bergdorf Goodman during Fashion's Night Out in New York.

NYC: Place to be

The biggest buzz this year will likely come from Manhattan:

- Michael Kors plans to stand in the window at Bergdorf Goodman.
- Rachel Zoe will visit Bloomingdale's to debut her new collection.
- Coco Rocha will talk up at Macy's Herald Square.

ties who grabbed headlines the past two years.

The event aims to draw consumers into stores on one night during the all-important fall retail season by making shopping an exciting, interactive experience with how-to sessions, music, refreshments and glimpses of insider glamour.

This year's FNO is Sept 8, with New York still clearly its home base, but many

national retailers and mall operators joining in: For example, stylists will be at select Nordstrom stores, and Neiman Marcus has special events planned at more than two dozen locations.

Don't live in a big city? Shopbop.com is streaming footage of its fashion gurus visiting stores, and QVC plans a live broadcast, including a fashion show.

THE ASSOCIATED PRESS

Let them stare at your lovely hair

THE KIT

Rice 'n' easy

Dry shampoos are total time savers, but they so often leave a powdery residue. To get shiny hair with the shake of a can, try L'Oréal Paris Féria Instant Hair Reviver (\$10, orlax.com), which contains brown rice

sprays on wet) or John Frieda Luxurious Volume Anytime Volume Refresher (\$11, johnfrieda.ca), a dry spray-shampoo that contains starch that blends into your hair with no white buildup.



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5 tips for a clutter-free home

- What to do when 'stuff' takes over your house and makes you miserable
- An organized space will leave you feeling more relaxed and comfortable

DIY IDEAS

Mail, toys, clothing, knick-knacks — these are just a few examples of things that can pile up in our homes.

Consumed is a new Canadian TV series that tackles clutter head-on.

It's an extreme home experiment that challenges Canada's most overwhelmed pack-rat families to survive for 30 days with only the bare essentials.

Series host Jill Pollack is a de-cluttering expert who guides families through a unique shock-therapy process that allows them to cut through their physical and emotional clutter and rebuild their lives from

scratch. Pollack gives Metro readers five simple tips to help reduce household clutter:

1. Tidy under the sink

Remove anything that's not cleaning-related.

Streamline your cleaning products — one product will usually clean a number of areas in your home.

Colour-code sponges for consistency.

2. Hang a bulletin board

Keep track of events, happenings and issues in the family, and tack items like event tickets or wedding invitations.

Think of it as a revolving inbox.

3. Organize the hall closet

Use an over-the-door plastic shoe bag for items you need when you're walking out the door.

Create a high row of hooks for hats and a low row for kids' coats and backpacks.

4. Create order at the doorway

Use a wicker basket to hold keys, wallets and cell-phones, and another for mail.

Stop junk mail at the source by registering for a service to prevent unsolicited mail.

5. Manage your media

Store your CD collection in the sleeves of a media book. Get rid of audio cassettes and VHS tapes unless they are family home movies.

Keep your remotes in a basket on top of the media centre.

CONSUMED LAUNCHES TUESDAY, AUG. 30, AT 10 P.M. ET/PT ON HGTV CANADA.

De-cluttering pro

Jill Pollack is a de-cluttering expert and host of the new series Consumed on HGTV Canada.



► Jill Pollack



1



3



2



4

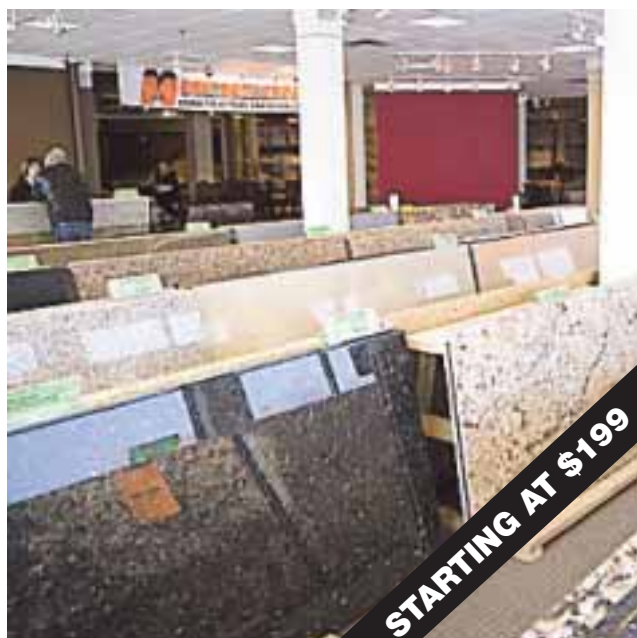


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Weekly
Cookbook

In her book *Live Raw: Raw Food Recipes For Good Health and Timeless Beauty* (Thomas Allen & Son, 2011), Mimi Kirk reveals how living raw — eating a vegetarian, and ideally raw diet — can make you look and feel amazing.

Kirk provides advice on detoxifying, what you need to eat every day and why as well as more than 120 raw food recipes such as Zucchini Noodles and Peanut Sauce, Caramelized Onion Bread, Stuffed Portobello Mushroom with Basil Pesto Sauce, Chocolate Caramel Bars and more.

Chapters include: Main Courses, Sweets, Salads & Dressings, Vegetables and Side Dishes.

Wrap it up

► Looking to pack a lot of flavour into a dish? ► Combine savoury ingredients to make tapenade

When you need to jam a lot of flavour into a simple dish, reach for an umami bomb.

That is, foods that are jammed with the fifth taste — savoury (to go along with bitter, sweet, salty and sour). In a small package, these foods deliver seriously big and satisfying flavour. They include Parmesan cheese, anchovies and steak.

It's the reason tapenade — a simple puree of olives, anchovies, garlic, capers, olive oil and thyme — is so great. It's salty, savoury and pungently delicious. It can be spread on baked fish, used as a dip or spread for crusty bread, or do duty as a sandwich condiment.

And don't let the anchovies spook you. You'll never know they are there, but the flavour isn't the same without them.

Using the meat from a rotisserie chicken lends a great hefty, meaty texture

to this wrap.

Roasted Chicken Wraps with Tapenade

Preparation:

1 In a food processor, combine olives, anchovies, garlic, capers, olive oil, lemon zest and juice, thyme and red pepper flakes. Pulse until very finely chopped. Season with salt and pepper, then pulse again.

2 Spoon 15 to 30 ml (1 to 2 tbsp) of the tapenade over each tortilla. Top with several leaves of lettuce, a quarter each of the rotisserie chicken, red peppers and Parmesan. Wrap the sides of the tortilla up around the fillings. The Roasted Chicken with Tapenade wraps can be eaten as is or heated in a 180 C (350 F) oven.

THE ASSOCIATED PRESS

Start to Finish:
20 mins.
Servings:
4



► A puree of olives, anchovies, garlic, capers, olive oil and thyme is the star of this recipe.

Ingredients:

- 375 ml (1 1/2 cups) pitted kalamata olives
- 2 anchovies
- 3 cloves garlic
- 10 ml (2 tsp) capers
- 45 ml (3 tbsp) olive oil
- Zest and juice of 1/2

- lemon
- 10 ml (2 tsp) chopped fresh thyme
- Pinch red pepper flakes
- Salt and ground black pepper, to taste
- 4 large flour tortillas
- Bibb or Boston lettuce

- leaves
- Meat from a 750-g (1 1/2-lb) rotisserie chicken
- 1 jar (340 ml/12 oz) roasted red peppers, drained, patted dry and chopped
- 125 ml (1/2 cup) grated Parmesan cheese

A collision of unlikely flavours

MATTHEW MEAD/ THE ASSOCIATED PRESS



► This recipe makes eight sides.

► Oranges, onions and coriander co-exist in this spice-heavy salad

For the women behind public radio's show for people who love to eat, the perfect salad is one you simply must eat.

"A great salad? It's the salad you can't stop eating. Extraordinary salads turn textures and shots of flavour into new pleasures. And salads take on all sorts of roles," said Lynne Rossetto Kasper and Sally Swift, whose *Splendid Table* show is heard on public radio stations around the United States.

"So easy and healthy, they go with anything," they said. "But a salad has to know what it is. Less is always better than more. For instance, a few ingredients like coriander, orange zest and olive oil trump 12-ingredient messes."

The pair offers a salad from its upcoming cookbook, *How to Eat Weekends*. "This North African salad was dreamed up as a lesson in getting the most from your spice rack," they said. "Here, you ignite the flavours of freshly ground coriander, orange zest and olive oil by seconds in a microwave. That warming or 'blooming' is close to amazing — flavours and fragrances truly 'bloom.'"

Orange Onion Salad with Warmed Coriander Oil

Preparation:

1 Fill a bowl halfway with ice cubes, then add onion. Top with more ice cubes. Add cold water to cover and refrigerate

for a couple of hours or overnight. Drain onions and pat dry with a towel.

2 In a microwave-safe bowl, combine oil, coriander and orange zest. Microwave on high for 1 minute. Alternatively, combine ingredients in a small saucepan and warm over medium heat for 2 minutes. Set aside to cool.

3 To serve, arrange orange slices and onion slices on a platter. Scatter with olives and oil. Finish with salt, pepper and sugar, to taste. **THE ASSOCIATED PRESS/ HOW TO EAT WEEKENDS BY LYNNE ROSSETTO KASPER AND SALLY SWIFT**

Ingredients:

- Ice
- 1 small or 3/4 medium red onion, halved and thinly sliced
- 125 ml (1/2 cup) extra-virgin olive oil
- 30 ml (2 tbsp) coriander seed (generous), freshly ground
- 10 ml (2 tsp) finely grated orange zest
- 10 to 12 navel oranges (1.8 to 2.2 kg/4 to 5 lb), peeled and sliced into 5-mm (1/4-inch) thick rounds
- 125 ml (1/2 cup) black olives
- Coarse salt
- Generous amount ground black pepper
- 20 to 30 ml (4 to 6 tsp) sugar

4
sports

Quoted



"He can't just show up the week before in Australia."

U.S. CAPTAIN FRED COUPLES, WHO WANTS TIGER WOODS ON THE PRESIDENTS CUP TEAM, PROVIDED WOODS PLAYS TOURNAMENTS BEFORE HE SHOWS UP AT THE AUSTRALIAN OPEN A WEEK BEFORE THE MATCHES.

Correction

A Torstar News Service article about the death of former Vancouver Canuck Rick Rypien used in Metro on Tuesday misquoted Canucks general manager Mike Gillis as having referred to Rypien as "crazy" in an interview with the Vancouver Sun last November, when Rypien took a personal leave from the Canucks. In fact, Gillis never said that. Metro regrets the error.

A glimpse of the future?

► NHL tests possible rule changes using prospects for 2012 draft

There are 27 potential changes being looked at during the NHL's research and development camp and it's possible that not a single one will ever make its way into the league.

The same can't be said of the players who are serving as guinea pigs this week.

One of the most important aspects of the two-day event is the fact top prospects for the 2012 draft are the ones competing in scrimmages with the different rules. Even NHL executive Brendan Shanahan, who is in charge of the camp, harbours no illusions about why roughly half of the league's 30 general managers interrupted their summer vacation to attend.

"The truth is that we coax a lot of them here with the 36 best 17-year-olds in North America," Shanahan said yesterday. "It's sort of once we get them under the roof, as they're scouting these kids, they get trapped into a conversation about hockey and the future of the game."

The NHL makes no secret about the fact that virtually none of the tweaks or changes being looked at will be officially adopted. Even if a rule garners interest here, it would likely be at least a year before it could be added to the rulebook because it would require approval from the general managers, compe-

The ideas

Some of the concepts being tested include:

- **Overtime:** Seven minutes of overtime instead of five with both 3-on-3 and 4-on-4 scenarios tested. Three minutes of 3-on-3 play to follow four minutes of scoreless 4-on-4 action.
- **Shootouts:** Five players from each team will shoot and if the score remains tied, the same players can take another crack in a sudden-death format.
- **Bear hug:** Players will be permitted to wrap their opponent up when taking him into the boards without being called for a holding penalty.

TORSTAR NEWS SERVICE

tition committee and board of governors.

If anything, the research and development camp is more about identifying trends and gathering data that could be useful well down the road.

"This gives us an opportunity to try new things, look at things, even if we never implement them," said NHL commissioner Gary Bettman. "It really gives us a chance to take a deep breath — not during the season, when everybody's worrying about the game they have to play — and make sure that we are comfortable with where we are."

THE CANADIAN PRESS



► Prospects help test new faceoff rules yesterday in Toronto. Rules include: The same linesman drops the puck for all faceoffs and all faceoffs take place only in a faceoff circle.

NHL willing to look closer at support program

NHL commissioner Gary Bettman expects the league to review its substance abuse and behavioural health program following the death of two players over the summer.

Winnipeg Jets forward Rick Rypien and New York Rangers tough guy Derek Boogaard both spent time in the program, which is run in conjunction with the NHL Players' Association.

"My guess is we'll talk at the appropriate time with

the players' association, making sure that we're comfortable with all of the mechanisms and programs we have in place, which are extensive," Bettman told The Canadian Press at the league's research and development camp in Toronto yesterday. "I don't think any sports league does more than we do but maybe there's more, as we focus on it, that we need to focus on. I know it's always hard for people to accept,

"I think there certainly has to be some work done in addressing issues. ... If anything can be done to help future players, we certainly need to do it."

NHLPA UNION EXECUTIVE
MATHIEU SCHNEIDER

but sports is a microcosm of society in general.

"And life isn't always easy."

Rypien died Monday at his off-season home in Crowsnest Pass, Alta., where an RCMP official said

a call was answered for a "sudden and non-suspicious" death. He was 27.

Boogaard died at age 28 in May due to an accidental mix of alcohol and the painkiller oxycodone.

In an effort to protect the

privacy of those involved in the program, both the league and union are reluctant to divulge specific details about how it functions.

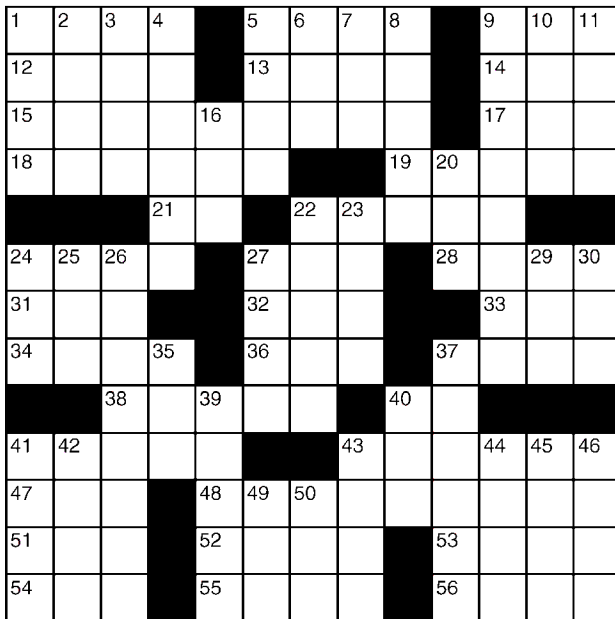
Rypien twice took a leave of absence during his six seasons with the Canucks organization to deal with personal issues. Shortly after Boogaard's death, the New York Post reported he had been receiving counselling through the NHL-NHLPA program.

THE CANADIAN PRESS

Crossword

Across

- 1 Lose it
- 5 Bit of derring-do
- 9 Wager
- 12 Top-notch
- 13 Jason's ship
- 14 "Go, team!"
- 15 Fictional girl detective
- 17 Work with
- 18 Plumed military hats
- 19 Host
- 21 Type measure
- 22 Donny's sister
- 24 Brazen
- 27 Highland hat
- 28 Skirt feature, maybe
- 31 Shock and —
- 32 Catcher's place?
- 33 A billion years
- 34 Accomplishment
- 36 Dawn goddess
- 37 Penny
- 38 Marine from Mayberry
- 40 "Little Women" woman
- 41 Less improved
- 43 Mountain range
- 47 A Gershwin
- 48 Super Bowl XLIV MVP
- 51 Chaps
- 52 Tittle
- 53 Money
- 54 Cauldron
- 55 Vacationing
- 56 Art Deco pioneer



- 3 Faris or Paquin
- 4 Ate like a bird
- 5 Crazes
- 6 Blunder
- 7 Time of your life?
- 8 Pisa landmark
- 9 Martial-arts film star
- 10 Facility
- 11 Quaker's pronoun
- 16 Thither
- 20 Wrong (Pref.)
- 22 City head
- 23 Iowa city
- 24 Awful
- 25 Have debts
- 26 "Shampoo" Oscar winner
- 27 Genealogy chart
- 29 Charged bit
- 30 Stick with a kick
- 35 Two, in Tijuana
- 37 Strong-arm
- 39 TV, radio, etc.
- 40 Triangular sail
- 41 Weaking
- 42 Black-and-white cookie
- 43 Convince
- 44 Back
- 45 Leftovers
- 46 Arthur of tennis
- 49 Tier
- 50 Greek vowel

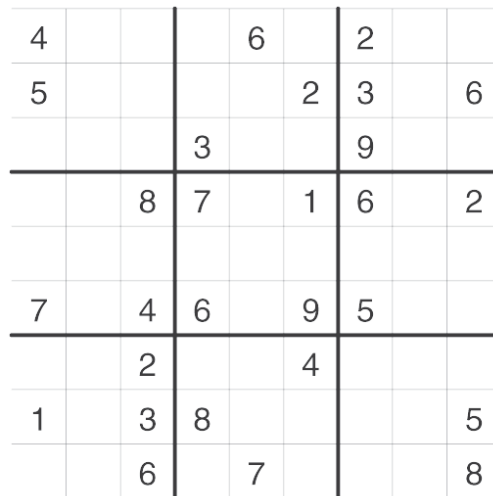
► Yesterday's answer



Down

- 1 Without
- 2 Ark captain

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	7	8	3	6	9	5	4	2
3	2	5	8	4	7	9	6	1
9	4	6	2	1	5	3	8	7
7	5	4	1	9	3	8	2	6
6	8	3	5	2	4	1	7	9
2	1	9	7	8	6	4	3	5
8	3	1	9	7	2	6	5	4
4	9	2	6	5	8	7	1	3
5	6	7	4	3	1	2	9	8

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 12° Max 30°	Min 9° Max 21°	Min 12° Max 22°



Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 By all means, disagree with someone whose authority you don't respect.
♉ Taurus April 21-May 21 You may be willing to change your plans to fit in with someone else's schedule but don't think you must.
♊ Gemini May 22-June 21 You may be annoyed that a pal didn't consult you before changing his or her plans, but don't let it show.
♋ Cancer June 22-July 22 You have a long road ahead of you, so don't take on any more responsibilities. Stop wasting your energy.

♌ Leo July 23-Aug. 23 Even routine matters are likely to change today, so don't plan too far ahead.
♍ Virgo Aug. 24-Sept. 22 You're about to discover that your sympathy for someone you thought was in trouble was entirely misplaced.
♎ Libra Sept. 23-Oct. 23 You have a tendency to fear the worst. The planets indicate that nothing hurtful is going to happen.
♏ Scorpio Oct. 24-Nov. 22 Someone you meet today will inspire you and you will go out of your way to copy their success.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 What someone tells you today might sound like good advice but read between the lines.
♑ Capricorn Dec. 22-Jan. 20 Disruptions are likely and you'll get angry with people who change their plans at the last moment.
♒ Aquarius Jan. 21-Feb. 18 Do you push ahead with something that is right for you but wrong for others? Listen to your conscience.
♓ Pisces Feb. 19-March 20 Help those in trouble but resist the urge to lecture. **SALLY BROMPTON**

Caption contest



"Planet of the Apes? Not a bad idea."
BRIAN



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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